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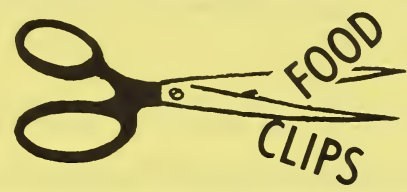
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# Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE  
OFFICE OF COMMUNICATION WASHINGTON, D. C.

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A rule of thumb for adding spices --  $\frac{1}{4}$  to  $\frac{1}{2}$  teaspoon of most dried spices and herbs is enough for 2 cups of vegetables.

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Losses of vitamins A and C occur when vegetable tissues are bruised. To prevent bruising — use a sharp blade when trimming, cutting, or shredding fresh vegetables.

\* \* \*

Vitamin A needed? Beef and calves' liver is a good choice, according to Home Economists at U.S. Department of Agriculture.

\* \* \*

Do you know your meat bones? They can help you choose a cooking method. For example, the T-bone, rib bone, pin bone, flat bone, and wedge bone indicate relatively tender beef—good for broiling or roasting.

\* \* \*

A blade bone or an arm bone in your meat usually means it is less tender and needs to be braised or pot roasted.

## OUTLOOK CONFERENCE —Set In December

"Family Living" will be featured at three sessions of the National Agricultural Outlook Conference, scheduled by the U.S. Department of Agriculture in Washington, D.C. on December 17, 18 and 19. The conference to be held primarily in Jefferson Auditorium, South Building, U.S. Department of Agriculture, will bring together economists and Extension specialists from government, business and the universities to focus on the agricultural outlook for 1974.

Current information and reports on all aspects of agriculture, the farm and the home, will enable farmers and farm suppliers, economists and extension specialists to have this information at a time when they need it the most.

One of the Family Economics sections will include a panel discussion on food safety, education and economics as well as Family Living in relation to the energy crisis, housing, clothing and textiles, and food.

Sessions are open to the public and there is no registration fee. Papers and reports will be available for the Press. (Family Living session time schedule to be printed in Food and Home Notes December 3.)

## IF IT'S "POLYUNSATURATED"\*

## —What Is It?

Even though milk is considered nature's most perfect food, Agricultural Research Service scientists at the U.S. Department of Agriculture are trying to make it better.

"Polyunsaturated" milk could significantly reduce the amount of saturated fat in the diet. ARS Scientists are experimentally increasing milk's content of unsaturated fats.

Medical authorities have linked an increase in heart and blood vessel diseases with saturated fats. Such products as meat, milk, and eggs are the major dietary sources of saturated fats.

Normally, dairy cattle consume unsaturated fats in grass, forage, and grain, but micro-organisms in the cow's rumen (stomach) hydrogenate, or saturate, these fats.

The ARS scientists found that encapsulating safflower oil, which contains a high percentage of the unsaturated fatty acid, linoleic, protects the acid from being saturated by the rumen organisms. When this "protected" oil is fed to dairy cows, much of it reaches the milk in an unsaturated form.

Producing "polyunsaturated" milk is not without its problems. The milk has an oxidized flavor which also affects cheese made from the milk. Safflower oil is relatively expensive, but other less expensive oils may be just as effective. The ARS experiments are continuing to overcome these problems.

\* Polyunsaturated milk is produced by cows that have been fed a protected, unsaturated vegetable oil.



## ON KEEPING WARM

## ---From Peanut "Logs"

Peanut "logs" (made from peanut hulls) may be one of the ways to warm the hearth during the energy crisis. Peanut logs burn well and cost little according to U.S. Department of Agriculture experimental research.

Peanut hulls have been used as cattle feed, poultry litter and garden mulch. But, they could end up in your living room as useful artificial fireplace logs — perhaps even giving off a colorful blue-green flame with occasional red flares.

Researchers at U.S. Department of Agriculture have been working with the peanut hulls because excess hulls (after usual uses) have been burned near the shelling plants in large incinerators. Safer methods of disposal needed to be considered.

Home fireplace experiments (and laboratory tests) show that the peanut hull logs can be made from the absorbent ground peanut hulls, mixed with waxes and made into logs. They compare favorably with commercial logs now on the market.

Fireplace size (16 x 4 diameter) peanut hull logs — made with waxes — and two brands of commercial logs were burned as an experiment in a home fireplace. The commercial logs burned four hours compared to three hours for the peanut hull logs, but the experimental logs burned more vigorously. A salt mix was added to the formulation, and then the hull logs burned with a blue-green flame with occasional red flares. The experimental logs were easier to ignite, odorless, and gave little smoke. Costs — even with overhead added — would not bring the experimental log cost up to half the cost of the competitive logs, according to Agricultural Research scientists.

## ON PUMPKINS 'N' THINGS

If you are fortunate enough to have a number of hard-rind varieties of winter pumpkins and squashes, they will keep -- with proper care -- for several months. Harvest them before frost, and leave a piece of stem on them when you cut them from the plants -- or, hopefully, you can buy them in that condition. You do need the stem in place for long-term storage. And store only well-matured fruits that are free of insect and mechanical injuries.

If you have a number of them—and space for storage—they should be cured for 10 days at 80 to 85° F. If this is not practical, you might put them near your furnace to cure them. Curing hardens the rinds and heals surface cuts. (But, the bruised areas and pickle-worm injuries cannot be healed.)

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